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Pharmacotherapy, Psychotherapeutic and Psychosocial Treatments Work Together Toward Recovery: a Study On Mixed Features Bipolar Disorder.

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Introduction

Pharmacological treatment have a key role in the management of Severe Mental Illness, reducing hospitalization and acute episodes, supporting and enhancing psychotherapy and recovery process. In an institutional pathway to remission and recovery it's much better if the characteristics of chosen drugs work together with other kind of interventions. DSM-5 includes a new specifier "with mixed features" for mood episodes, considering by clinicians difficult-to-treat and associated with a poorer prognosis.

Objectives

We evaluated, in patients admitted to our day-hospital psychodynamically-oriented treatment program, the impact of mixed features treatment on compliance and on clinical outcome.

Methods

We have included a small sample of patients with bipolar disorder based on DSM V, aged between 18 and 65. Patients are assessed by BPRS and M.I.N.I. in to analyze the impact of different antipsychotics on specific symptomatology cluster, focusing on mixed features, and CGI and VGF to evaluate working and social functioning. Changes from baseline to 12-weeks in total score and in partial score for symptomatology clusters was considered.

Results

Asenapine improved mixed features (ANOVA, $p < 0,05$). Moreover is associated with a lower rate of metabolic syndrome compared to other antipsychotics. The improvement of mixed symptoms and the decrease of metabolic syndrome incidence enhance treatment adherence.

Conclusions

Our treatment model, where converge psychiatrics, psychologists, physicians and rehabilitation operators, allows a drug choice focused on symptoms assisting psychotherapeutic play and an early notice of side effects, advancing towards recovery. Asenapine, in the treatment of mixed features, enhances the efficacy of the program in bipolar patients.